

CCRC

News Flash

WE ARE GOING ABOVE AND BEYOND TO REACH THE HIGHEST LEVEL OF EXCELLENCE WHILE HELPING YOU TO ACHIEVE YOURS.

Adult Basketball League

Playoffs for the Adult Basketball league will begin on August 2nd and the championship game will be held on August 11th. Come out and show your support for these diehard athletes! We would like to give a big thanks to all the individuals who worked hard to make this tournament possible and all the players who joined us!

Smart Start Soccer

Smart Start Soccer is here again and sign-ups are starting NOW! Registration will run from now until August 29th. There is a \$20 fee for late registration. Smart Start Soccer is a parent/child program that will teach your child the basics, including kicking, trapping and shooting. Please have your child wear sneakers and bring a water bottle.

Dates: September 2nd, 9th, 16th, 23rd, and 30th

Time: 6:00PM – 6:45PM

Place: Central-Clemson Recreation Center

Cost: Members/Residents - \$35

Non-Members/Non-Residents - \$45

You can sign up at the Central-Clemson Recreation Center front Desk. You can see pictures from Past Smart Start sessions at

http://www.centralclemsonrec.com/centralclemsonrec.com/Smart_Start/Smart_Start.html

Aerobics

Due to a few family emergencies some of our aerobics classes have been off schedule. While they are all on schedule presently we ask that if you participate in any of our aerobics classes that you keep an ear out for possible temporary schedule changes. You can do this by checking our website or asking at the front desk. We thank you for your understanding.

Get more information on our aerobics at

<http://www.centralclemsonrec.com/centralclemsonrec.com/Aerobics.html>

Aquatics

Swim Lessons: We only have two more swim lesson sessions before the end of the season. These will begin August 29th (registration 8/15/2011 - 8/26/2011) and October 3rd (registration 9/19/2011 - 9/30/2011) Make sure you take advantage of this awesome opportunity before it is passes.

http://www.centralclemsonrec.com/centralclemsonrec.com/Swim_Lessons.html

Torpedoes: Sign up for Torpedoes Swim Team today. We are already registering for our winter swim meet circuit and your child will want plenty of time to prepare. Practices are held Every Mon, Wed & Fri from 4:30 PM – 5:30 PM. To get more information on the Torpedoes visit http://www.centralclemsonrec.com/centralclemsonrec.com/Upstate_Torpedoes/Upstate_Torpedoes.html, or speak with one of our front desk staff.

For more information or schedules visit

<http://www.centralclemsonrec.com/centralclemsonrec.com/Aquatics.html>

Weight lifting Contest

We will be hosting a weight lifting contest this month. Sign up begins now and runs through August 24th. The competition will be held on August 26th at 6PM. Weigh in is one hour before. It is a one bench max contest with three weight divisions, 165 and under, 166 – 195 & 196 and up. The winner in each division will win a FREE 6 month membership for their self. Sign up at the front desk today!

Thinking Ahead

Game Closures: We will be closed for all Clemson home football games. Enjoy your exercise free day of football!

Gym Refinishing: We will be refinishing the gym floor in September. The gym will be closed from the 6th -12th be prepare for the strong after smell

Upstate Kids: Upstate Kids will be back with another consignment sale this September. The gym will be closed August 30th – September 4th. The sale will be on Fri. 2nd, Sat. 3rd, and Sun. 4th.

Thanks so much and we look forward to seeing you all soon!

Meredith Ebenhack,
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